CHDP Fasting Glucose & Cholesterol Screening Guide

for Children ≥ 5 Years & BMI ≥ 85%ile

This flow sheet is designed to assist with determining when cholesterol and glucose screens are indicated for children who are overweight/obese. With obesity now seen in children at younger ages, **cholesterol and glucose screening starting at age 5 years** will help in the <u>early</u> identification and care of children and adolescents with pre-diabetes, type 2 diabetes and those at risk for developing cardiovascular disease. In addition, cholesterol screening for at-risk children who may NOT be overweight will help to identify those at high risk for developing early cardiovascular disease. Clinical judgment should be used in all cases.

Screen for Cholesterol*

(Note: child/adolescent may NOT be overweight)

If one of these risk factors* is present:

- a. One parent or grandparent had heart/vascular dz, heart attack/surgery or stroke at ≤ 55 years
- b. One parent has a cholesterol level ≥240 mg/dl
- * Test may be repeated as medically necessary

Screen for Cholesterol and Glucose *

If BMI is > 85%ile + two of these risk factors are present:

- a. BMI also ≥ 95%ile
- b. Family hx of diabetes
- c. Black/Hispanic/American Indian/Asian/Pacific Islander/Native Alaskan
- d. One of the following: acanthosis nigricans, HTN, dyslipidemia, Polycystic Ovary Syndrome
- e. < 30 min. activity/day or consistently unbalanced diet

<u>Note:</u> If there is concern about a <u>child < 5 years</u> needing glucose and cholesterol screening, these tests can be ordered at any age and frequency and be reimbursed.

CHDP Referral and Care Management Guide for Children ≥ 5 Years With <u>Abnormal</u> Fasting Glucose and Cholesterol Test Results

Fasting Glucose ≥ 126 mg/dl

Counsel & repeat test, Endocrinology Referral and/or CCS Referral** -May need immediate clinical intervention

<u>Cholesterol</u> > 170 - < 200 mg/dl

Counsel & repeat test in one year

Cholesterol ≥ 200 mg/dl

Cardiac Referral and/or CCS referral**

When Both Glucose and Cholesterol Levels are Done:

IF Glucose ≤ 100 mg/dl (normal) or > 100 - < 126 mg/dl (pre-diabetes)

AND Cholesterol Level is Equal To:

<u>Chol. ≤ 170</u> <u>mg/dl</u>

Counsel & repeat test in 1 Year

Chol. >170 - < 200 mg/dl

(Borderline ↑Cholesterol)
Counsel about borderline
results and repeat test in 1
year

<u>Chol. ≥ 200 mg/dl</u>

(Abnormal ↑ Cholesterol)
Inform of abnormally
high cholesterol,
counsel & repeat test in
6 mos. - 1 yr.

Chol. ≥ 200 mg/dl

(Abnormal 个Cholesterol)

Plus 1 of these risks:

- 1 parent/grandparent had heart/vascular disease, attack, stroke at ≤55 yrs.
- 1 parent has a cholesterol level
 ≥ 240 mg/dl

Include county CHDP logo/Info & contact number here.....

**Contact Local CCS Program for specific referral process. Phone/Fax:

Refer for cardiac evaluation and/or CCS Referral**